STORM RAINS ON KNIGHTS

THE GUELPH STORM, THAT IS. DESPITE SOME STELLAR SAVES BY GOALIE KEVIN BAILIE, THE LONDON KNIGHTS LOST 4-1 ON SUNDAY. NEXT UP: THE WINDSOR SPITFIRES ON FRIDAY NIGHT PAGE 3

James Devereux
Paris • Sept. 19
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Monday, October 1, 2012
News worth sharing.
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City shaken in the core

Police investigation. Shooting in the downtown leaves one dead, another injured

AMANDA GRANT
london@metronews.ca

A fatal Sunday shooting is "another black eye for downtown," one business owner says.

"I'm a big supporter of the neighbourhood, and I haven't given up on downtown," said Melinda Steffler, who operates The Sentimentalist (394½ Richmond St.). "But this doesn't make things easier."

Usually a bustling hub in the downtown core, the intersection of Richmond and King was deserted for most of the day as police investigated the 3:10 a.m. shooting. Terrell Johnson, 21, of London, was killed and a 28-year-old Londoner received injuries that aren't life-threatening, police said.

Joshua Carter, 22, of London, is charged with second-degree murder and remains in the Elgin-Middlesex Detention Centre.

Beth Prysnuk, an employee at Steffler's business, was greeted by a maze of yellow crime-scene tape and several police cruisers when she arrived for work. The scene, she said, was eerie. "I like being downtown, and I'm here often," she said. "But things like this do make me a bit more fearful of what could happen."

Police have not said what led to the shooting or specifically where it happened. No gang activity is suspected, and there is no evidence to suggest the shooting is tied to Western University homecoming events, police said.

Officers working near the intersection responded after hearing gunshots. They found the victims and what was described as "a disturbance involving several people."

Seven people were arrested at the scene. Two were later released without charges and a third, identified as a youth, was released after being charged with an offence under the Liquor Licence Act. Apart from Carter, police have not said what charges the others are facing.

Most businesses in the area were left with no choice but to shut their doors for most of Sunday.

"Technically, we are open," said Tyler Smith, an employee at City Lights Books (356 Richmond St.). "But no one can cross the police line, so it's going to be a quiet day."

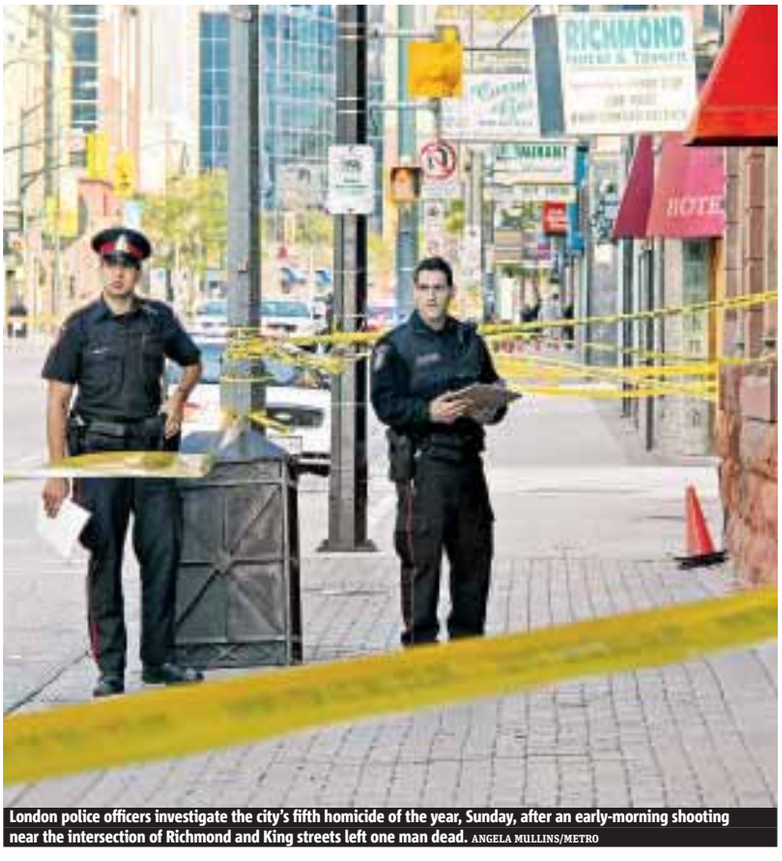
Katy Boychuk, 25, lives in an apartment building near Richmond and King. While she feels "safe" in the area, she takes precautions. "At night, I really try to avoid that intersection and would never walk by there alone," she said.

Shootings and other crimes are part of urban life, said Smith, of City Lights.

"This kind of stuff happens in every city," he said. "To pretend it doesn't is a little naive. We love downtown, but we are also a downtown business and know that these things can happen."

Impact

- The homicide investigation caused headaches for people trying to get to Budweiser Gardens for an afternoon London Knights game.
- Richmond Street was closed from Dundas to just south of King Street. Police also cordoned off King Street from Talbot to Clarence.
- Officers stationed in police cruisers kept pedestrians and cars out of the area for most of the day.
- Streets reopened at about 3 p.m.



London police officers investigate the city's fifth homicide of the year, Sunday, after an early-morning shooting near the intersection of Richmond and King streets left one man dead. ANGELA MULLINS/METRO

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Knights shut down at the net against Sparks, Storm

OHL. London goalie named second star despite the loss

Garret Sparks turned away 44-of-45 shots as the Guelph Storm defeated the host London Knights 4-1 on Sunday afternoon in Ontario Hockey League action.

After allowing an early goal, the 19-year-old stopped all 33 shots he faced in the final two periods and earned the game's first star.

Brett Welychka scored the lone goal for London, who have now dropped back-to-back games to West Division rivals. The Knights lost 2-1 Friday on home ice to the Kitchener Rangers.

Despite picking up the loss, goalie Kevin Bailie made 30 saves and earned the game's second star.

Knights forward Ryan Rupert picked up a total of 12 minutes in penalties, all in the first period, and a game misconduct for a checking-to-the-head infraction.

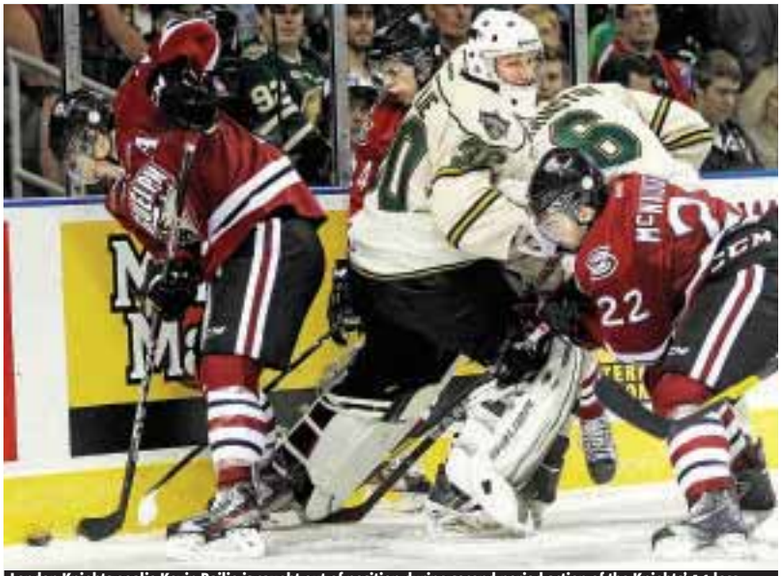
Scott Kosmachuk scored twice for the Storm while Zack Leslie and Tanner Richard each produced a goal and an assist.

Zack Mitchell set up two goals for Guelph, including what stood up to be the game winner.

Guelph failed to score on seven chances with the man advantage while London went 1-for-7. THE CANADIAN PRESS

Knights in action

- The London Knights are 2-2-0 following Sunday's 4-1 loss to the Guelph Storm.
- Their next game is Friday at 7:30 p.m. at home against the Windsor Spitfires.



London Knights goalie Kevin Bailie is caught out of position during second-period action of the Knights' 4-1 loss Sunday to the Guelph Storm at Budweiser Gardens. Bailie earned the game's second star. MARK SPOWART/FOR METRO

Breast cancer fundraiser draws fresh faces

London's town crier, Bill Paul, officially kicks off part of Sunday's Run for the Cure at Victoria Park. Runners and walkers of all ages donned their best pink for the fundraiser. ANDREW SERCOMBE/FOR METRO

Peggy Lord knows a thing or two about the Canadian Breast Cancer Foundation's Run for the Cure.

She's been participating in the London arm of the fundraiser for 10 years and is in the midst of her fifth battle with breast cancer.

This year's event was extra special.

"The amount of young people supporting us today is incredible," the 81-year-old Londoner said, pointing to the crowds of children, students and young adults gathered Sunday in Victoria Park. "To raise awareness and further help the organization, it's essential that youth get involved."

Lord, and organizers, were caught somewhat off-guard by the number of young faces. Then again, Lord said, more people are becoming aware about breast cancer and its victims.

"My grandchildren are here, and that means the world to me," she said. "My grandchildren probably know more about breast cancer today than I did when I was diagnosed. Over 16 years, I have seen research and medicine improve. Events like today really help."

Surrounded Sunday by her family and friends, Lord credits them for the support she has received.

"They've been very involved for so long now. I couldn't have done it without them."

ANDREW SERCOMBE/FOR METRO

The results

- Sunday's 21st annual Canadian Breast Cancer Foundation Run for the Cure attracted more than 5,000 runners and walkers to Victoria Park.
- Participants raised $71,365 to further breast cancer research.

SMEN 1

Mobile news

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Cigs and the city. Smoking ban debate goes to council

People can weigh in Monday on a proposal that would ban smoking in public spaces, such as parks and near doors to municipal buildings.

A public participation meeting on the issue is planned for 7 p.m. in council chambers.

Nearly a dozen groups and individuals, including several nursing students at Western University, have already written letters showing their support to council's community services committee.

Committee members endorsed the idea last month following research done by city staff. The research showed other cities have taken a variety of approaches to curbing smoking on municipal property.

The all-out ban in parks is the most stringent approach and has only been adopted by about 13 of the more than 50 municipalities who have taken action, according to a database maintained by the Non-Smokers' Rights Association.

Others have opted to create smoke-free buffer zones around playgrounds or establish designated smoking areas in parks. METRO

Now hiring. Call centre wants to get your digits

Stream Global Services is looking to fill 125 customer-service positions at its London call centre.

Stream, a U.S.-based company with about 50 call centres around the world, is trying to fill the positions immediately. New employees will receive a $100 signing bonus and five weeks of training.

A job fair and open house is planned from 3 to 7 p.m. Wednesday at the London office. Resumés are not required but will speed up the application process, officials say. ANDREW SERCOMBE/FOR METRO

Where it's located

- Stream Global Services' London office is located at 568 Second St.
- For details, visit careers.stream.com.

Youth. Students to be part of crew at new Habitat site

Habitat for Humanity will mark World Habitat Day on Monday by breaking ground on a home in London.

The non-profit's newest project is at 23 Redan St. and will benefit a young family with three boys.

It marks the start of the third annual Habitat London Youth Project, which includes volunteers from Western University and Fanshawe College.

People are invited to a 9:30 a.m. groundbreaking celebration.

This 2012 World Habitat Day theme is Many Homes, One Community. Habitat officials are also planning Monday events in St. Thomas and Woodstock. METRO

Mental health

Schools to rally for United Way campaign

Thames Valley District School Board students and staff are trying to raise $357,000 for the United Way with a focus on programs that help people with mental-health issues.

A campaign kickoff is planned Monday at Medway High School in Arva.

TVDSB students and staff have donated about $2.5 million to the United Way in the last seven years. METRO

Changes to parking

Construction will close St. Joe's tunnel

The tunnel between St. Joseph's Hospital and the Grosvenor Street parking garage will close Monday for construction.

The closure will continue through early 2015 with the portion of the tunnel running from the parking garage to the Mount Hope Centre for Long Term Care remaining open.

Visit sjhc.london.on.ca for parking information. METRO

Mustangs' loss doesn't stall homecoming party

Broughdale Avenue, pictured above, and other neighbourhoods near Western University turned into a sea of purple and white on Saturday as students marked homecoming weekend with parties before, during and after the Mustangs' 33-27 football loss to the McMaster Marauders. To see more homecoming photos, visit metronews.ca. ANGELA MULLINS/METRO

Culture-fest combo delivers 1-2 punch

New approach. Culture Days, Doors Open London could team up again next year

ANDREW SERCOMBE
london@metronews.ca

More families, a wider range of ages and more first-time participants.

Those are some of the early results organizers are reporting from melding Culture Days and Doors Open London into the same weekend.

"This year, we were able to offer the full picture," said Andrea Hallam, executive director of the London Heritage Council. "By combining the two, we were able to express London's cultural heritage through the arts."

Typically organized on separate September weekends, the celebrations were brought together this year offering more than 100 events at 87 sites across the city Friday to Sunday.

In addition

- Organizers were still tallying attendance numbers Sunday. They expect to know this week how many people participated.

Culture Days aims to raise awareness about and participation in the arts with hands-on, interactive workshops. Doors Open gives people a chance to celebrate the city's heritage by touring cultural and historical buildings, some of which are typically closed to the public.

New sites on this year's Doors Open tour included the London police department and the Wolseley Barracks. The buildings were included as part of the Defending a Nation theme chosen to mark the War of 1812's bicentennial.

"We have increased our attendance and traffic and have created a new and unique cultural weekend we hope to continue next year," Hallam said.

Grits still have McGuinty's back

Ontario's Liberals are backing embattled Premier Dalton McGuinty's leadership, despite disappointing electoral results and a looming battle with former union allies who are furious over new legislation to freeze wages.

McGuinty received the endorsement of 85.8 per cent of delegates who voted in a leadership review at the party's Saturday convention in Ottawa. The review was automatically triggered after last October's election that reduced the Liberals to a minority government.

It was better than Progressive Conservative Leader Tim Hudak, who received an endorsement of 78.7 per cent in February, and NDP Leader Andrea Horwath's 76.4 per cent in April.

Before his staff revealed the results, McGuinty reassured the party faithful that while things may seem rocky now, they had to weather the storm and stay the course to tackle a $15-billion deficit.

"We've been through tough times before," McGuinty said, pointing to the introduction of the health premium of up to $900 per worker in 2004 or harmonizing sales taxes in 2010. THE CANADIAN PRESS

Dalton McGuinty THE CANADIAN PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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ROGERS™

Bidding reaches $160K as woman auctions virginity

Airplane encounter.
Proceeds will go toward poor families in Brazil

TAKARA SMALL
takara.small@metronews.ca

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday, bidding had reached $160,000 US. Migliorini hopes to use proceeds from the tryst to help poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary called Virgins Wanted produced by an Australian film company.

Bidding for Alex Stepanov reached $1,300 US.

Online

- To see a video about the auction, visit metronews.ca.

Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. SCREENSHOT/YOUTUBE

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Liberal MP Justin Trudeau enters party caucus meetings on Parliament Hill, Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Justin Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeaumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

Quoted

"People want to make comparisons to the past, but things totally change."
Nelson Wiseman, political science professor, University of Toronto

People were pushing for a new kind of politics. They looked to replace the buttoned-down, backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

CRA. Credit check finds millions in missing GST

The Canada Revenue Agency (CRA) has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost $3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd.

Banks and other financial institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services. But the CRA had not been doing so with firms newly registering as collectors of GST/HST, some of which simply kept the money. THE CANADIAN PRESS

British Columbia

Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research. Laura Robinson said Saturday that Furlong intentionally misinformed the public about her professional ethics. THE CANADIAN PRESS

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TAKING A NEW APPROACH TO CHILDHOOD OBESITY

URBAN COMPASS
Todd Devlin
london@metronews.ca

The numbers are in, and the findings are concerning.

According to Statistics Canada, nearly one-third of Canadians five to 17 years old are overweight or obese.

At this point, though, the numbers shouldn't be a surprise.

The problem of childhood obesity in North America has been widely reported for years. In fact, the recent Statistics Canada data doesn't reflect much of an increase from numbers reported a decade ago.

But, here's the problem: It's not getting any better.

"It's still a huge public health issue," said Shauna Burke, an assistant professor at Western University's school of health studies. "It's something we're not doing a good job of addressing, and I think the programs we're implementing for children are not working."

Burke knows a thing or two about childhood obesity.

With funding help from London's Lawson Foundation, she ran the Children's Health and Activity Modification Program (CHAMP) from 2008 to 2010. It was a four-week, camp-style program that served as an intervention of sorts for obese children at risk for Type 2 diabetes.

The CHAMP camp enjoyed its share of positive outcomes.

Many participants saw a decrease in body fat, an increase in lean muscle mass and a bump in confidence along with improvements in how they perceived their quality of life, according to Burke's findings.

But, there was a rub.

While child attendance over the three years was high — 91 per cent — attendance for the parental component was lower, at 69 per cent.

There were a number of reasons for that, as parents certainly have more obligations than children. But the result meant it was difficult for participants to continue their successes once camp ended.

"That got me thinking," said Burke, "what if we flipped this around so that the program was actually focused on the parents?"

Now, Burke's doing just that, implementing an eight-week, caregiver-focused program — called CHAMP Families — for overweight and obese children and their families.

The grant application has been submitted, the plans have been drawn up and Burke and her team are ready to get the ball rolling.

"We're running a series of focus groups," Burke said. "What do people in the community want to see? What do they think is important and what do they need? What do children think would be good in a program for their parents?"

The focus groups, which start in November, are open to caregivers of children eight- to 12-years-old who struggle with their weight. Participants will get the chance to talk about their wants and needs for the program. Burke says one thing participants won't get is blame.

"That's something I want to stress," she said. "Obesity is a complex issue, and there are a lot of barriers to healthy eating and healthy living. The challenges are real, and we all face them. This program is about giving parents the tools to use so that the healthy choice is the easy choice."

Interested in joining one of the focus groups? Contact Shauna Burke at 519-661-2111, ext. 82214, or sburke9@uwo.ca.

Shauna Burke CONTRIBUTED

Follow Todd Devlin on Twitter @UrbanCompassLdn

Foam's up, dude!

CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO

Causes of sea foam

Foam caused by dead algae

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms whipped up by high gales and eventually builds up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden, from Dunedin, New Zealand
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit metronews.ca

Woman shows she cares with teddy bears

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Is there anything better than a cuddly teddy bear? How about a bear hand-knit with love?

Rosemary Telles-Langdon has been bringing joy to children's lives for the past 12 years by knitting teddy bears for her grandchildren, patients at the local children's hospital and children whose families use the local London food bank.

Now 95, Telles-Langdon lost her sight 12 years ago.

As she could no longer engage in her favourite activity — reading — she decided to take up knitting.

She adapted the original pattern for the bears, specially designing the arms: "I make them so they hug the child," Telles-Langdon notes, and she makes sure that the bears have "big smiles."

Although she hasn't kept count of how many bears she has knit over the past 12 years, she averages about four or five a week, and each bear comes complete with a scarf and small crocheted hat.

A labour of love?

We think so.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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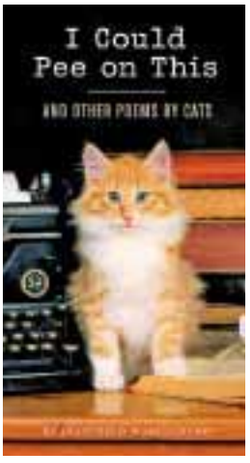
SCENE

Poems written by your cat



Literature. In his best-selling book, I Could Pee on This: And Other Poems by Cats, Francesco Marciuliano decodes a kitten's mind

ROMINA McGUINNESS
scene@metronews.ca

Call this guy William Shakespaw / THINKSTOCK

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?
Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?
People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.
Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?
Yes I do. Unlike what people think, I don't think they would be emotionally distant.

I Could Pee on This

Her new sweater
doesn't smell of me
I could pee on that
She's gone out for
the day and
left her laptop on
the counter
I could pee on that
Her new boyfriend
just pushed
my head away
I could pee on him
She's ignoring me
ignoring her
I could pee
everywhere
She's making up for
it
by putting me on
her lap
I could pee on this
I could pee on this

I Lick Your Nose

I lick your nose
I lick your nose
again
I drag my claws
down your eyelids
Oh, you're up?
Feed me

Who Is That On Your Lap?

THERE'S ANOTHER CAT IN THE HOUSE
A CAT I'VE NEVER SEEN
A MUCH YOUNGER CAT
YOU SEEM TO KNOW HER NAME
YOU ACCIDENTALLY CALLED ME BY HER NAME
RIGHT IN FRONT OF THE LAMP
AND MY FRIEND THE THROW PILLOW
I'VE NEVER BEEN SO HUMILIATED
I MAY NEVER LOVE AGAIN

On the web

Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

Ashton Kutcher.
ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shots fired as violence erupts at BET Hip-Hop Awards

THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

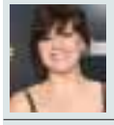
Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.

Twitter



@kelly_clarkson
So I recently started acupuncture and yoga ....next thing you know I'll be going to coffee shops and writing in a journal Whatever works

@ZacharyQuinto
if you don't want to listen to a liberal gay marriage supporting actor type... then don't.

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Robert Pattinson and Kristen Stewart.

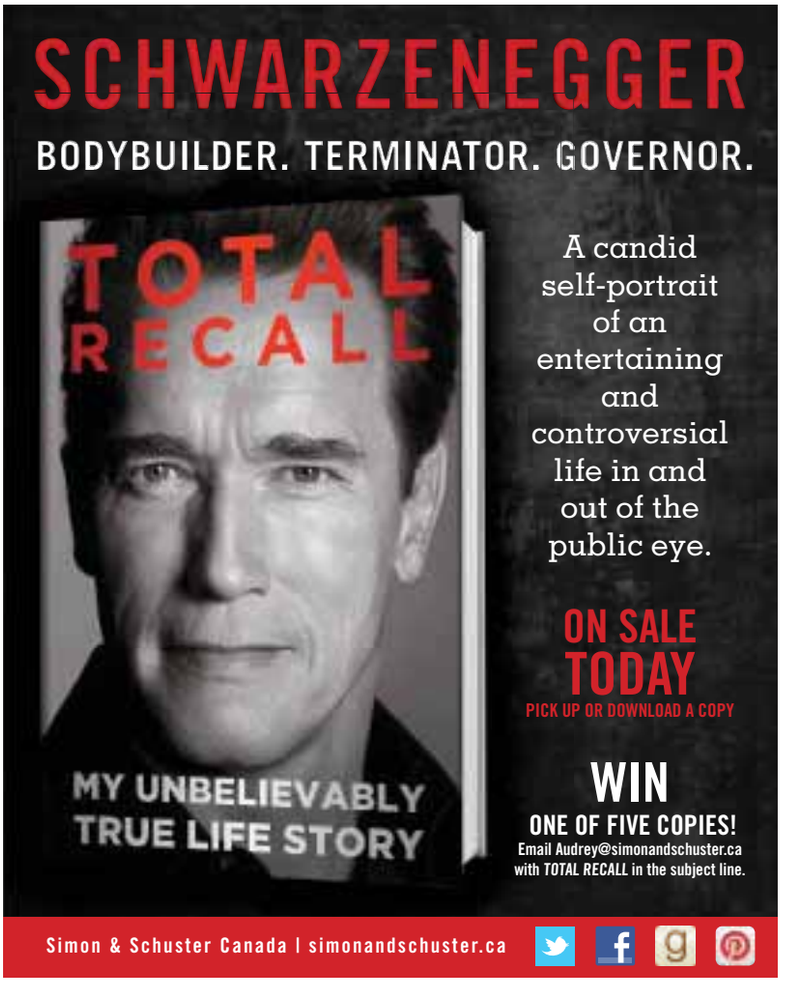
Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to Hollyscoop.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote Breaking Dawn."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."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LIFE 3

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMYMUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL
yummymummyclub.ca

Following your child's school bus could affect her confidence. ISTOCK

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy, "I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my|) kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

On the web

Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.

A fever? Keep cool, calm

DR. KIM FOSTER
yummymummyclub.ca

Knowing how to use a thermometer is important. ISTOCK

Your child is burning up. What do you do?

Taking a temperature
Taking an accurate temperature is essential. Get yourself a good digital thermometer and learn how to use it.

Managing a fever
A helpful guideline to keep in mind is this: Treat the child, not the reading on the thermometer. Light cotton pajamas will allow excess body heat to escape. Drinking plenty of cold liquids will help cool and prevent dehydration. If you've done your best and your little hot potato is still uncomfortable, go ahead and give medication. Your options include acetaminophen (Tylenol, Tempra) and ibuprofen (Advil, Motrin).

When a fever becomes complicated: febrile seizure
Witnessing your child having a febrile seizure can be terrifying. It's important to remember that the seizure itself is harmless. A febrile seizure won't cause brain damage or any other serious health consequences. If you suspect a seizure, act quickly to prevent injury. Place your child on a flat surface away from dangerous objects. Turn him on his side to allow vomit or saliva to drain, but don't restrain him. Don't put anything in his mouth. Most febrile seizures last less than one minute. If the seizure lasts longer than three minutes, or if your baby is less than six months old, you should call 911. Otherwise, visit your doctor within a few hours to rule out factors that might have triggered the seizure.

See your doctor if:
The child with the fever is less than six months old; the fever is (over 39.4 C or 103 F) in a child older than six months of age; the fever lasts longer than 72 hours; there are signs of dehydration such as dry mouth and tearless crying,

With a logical and calm approach, you and your kiddo will get through the fever.

An extra loud and tasty crunch

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The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole
- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken
- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve
- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

Tortilla Chip-Crusted Chicken with Guacamole and Salsa

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Healthy eating

Choose it and lose it

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Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.

Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.

Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat
Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.

Chicken Pot Pie. Modern take on the classic dish

This updated recipe takes 10 minutes to prepare and about 50 minutes to cook, so it can be ready for dinner in a snap.

Make a double-crust pot pie by using a second pie shell; follow package directions for a double-crust pie.

1. Heat oven to 190 C (375 F). Remove pie shell from freezer and let thaw for 10 minutes. Meanwhile, defrost frozen vegetables in microwave, draining excess water.

2. Sauté onion. In a large bowl, mix chicken, vegetables, sautéed onion, garlic, soup and milk. Season with pepper.

3. Pour into pie shell; bake for 30 to 40 minutes or until crust is golden brown and filling is bubbling.

THE CANADIAN PRESS/ TENDERFLAKE

Ingredients

- 1 frozen pie shell
- 250 ml (1 cup) frozen mixed vegetables (corn, carrots, peas, beans)
- 50 ml (1/4 cup) finely chopped onion
- 500 ml (2 cups) cooked chicken breasts, chopped into 1-cm (1/2-inch) pieces, or leftover chicken
- 5 ml (1 tsp) minced garlic
- 1 can (284 ml/10 oz) cream of mushroom soup
- 125 ml (1/2 cup) milk
- Coarse ground black pepper, to taste

Fall calls for Creamy Chicken and Potato Casseroles

The combination of a chill in the air and the chaos of kids setting back into their school routine means many families are looking for easy, warming one-pot meals that come together quickly and with little mess or fuss.

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken.

Add a few vegetables and a creamy sauce made from pantry staples, and dinner's on the table in no time.

Some folks may turn up their noses at using cream-of-anything soup in a casserole. But busy families have been turning to it for decades for three simple reasons — it works, it's delicious and it's effortless.

1. Heat the oven to 400 F.

2. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender.

THE ASSOCIATED PRESS

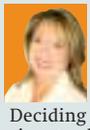
Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Dave Hale PROVIDED

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

• Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

• Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

• Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

Climbing up the ladder to a longer life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

THE CANADIAN PRESS

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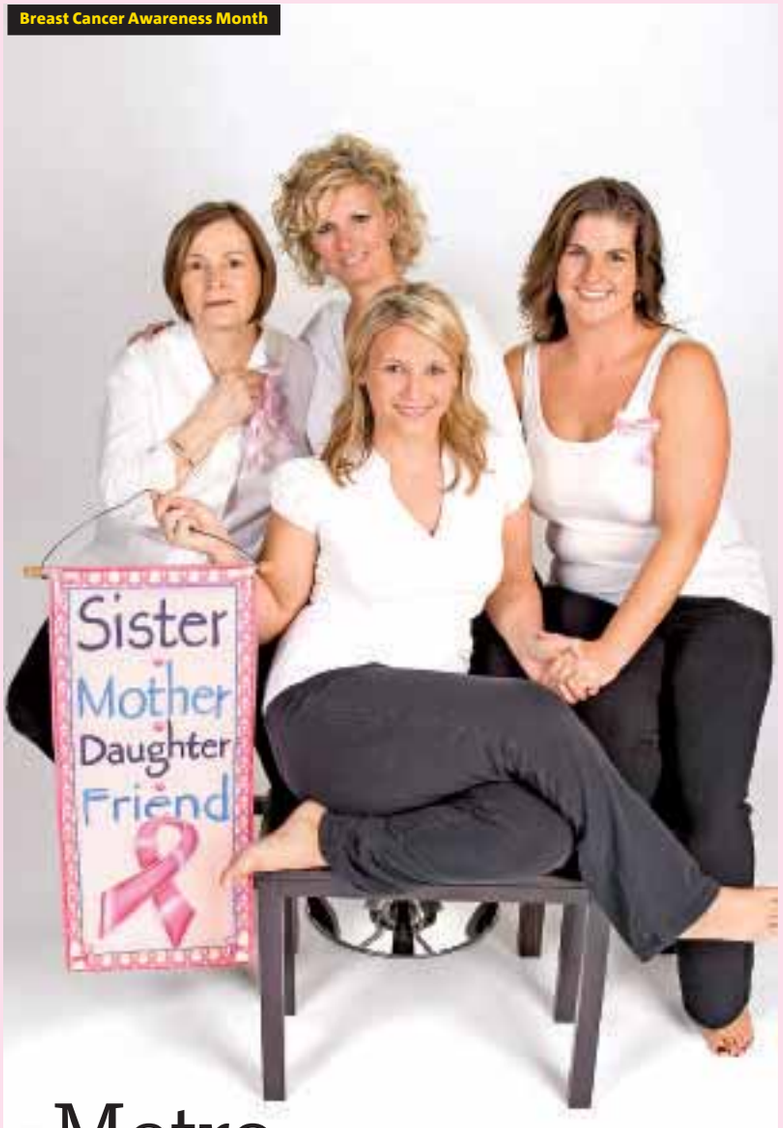
Breast Cancer Awareness Month



Metro thinks *pink*

‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

Kate Kerr with son’s Samuel, left, and Gabriel. CONTRIBUTED

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

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www.celebratelifetributes.ca
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Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

Exclusively online

Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.

The centre of the

Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?

Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivel of my life!"

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."

Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do . . . what?'. . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly.

Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.

ISTOCK IMAGES

circle

Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: Anticancer: A New Way of Life by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS COMPILED BY KATHY ULLYOTT

John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steadying rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca

'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. Things I Wish I'd Known: Cancer Caregivers Speak Out, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastecomy women. lavieenrose.com

Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

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NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fueling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

MLB

AL Central title in sight for Tigers

The Detroit Tigers finally have a little breathing room in what has been an airtight AL Central title race.

Miguel Cabrera has no such luxury as he tries to win the Triple Crown.

Prince Fielder hit a two-run homer in the eighth to lift Detroit to a 2-1 win over the Minnesota Twins on Sunday, moving the Tigers to a season-high three game lead over the White Sox.

Joe Mauer went 3 for 4 to raise his average to .323, putting him right on the heels of Tigers slugger Miguel Cabrera (.325) for the AL batting crown. THE ASSOCIATED PRESS

Detroit's Prince Fielder rounds the bases after hitting an eighth-inning home run on Sunday. THE ASSOCIATED PRESS

Europe's Sergio Garcia, left, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole. THE ASSOCIATED PRESS

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At Medinah, so many of them could have gone either way.
- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

Pats sink Bills with second-half outburst

New England's Brandon Lloyd makes a touchdown catch as Buffalo's Aaron Williams gives chase, Sunday, in Orchard Park, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

Once Tom Brady started connecting with his favourite receivers, there was nothing wrong with the New England Patriots.

Brady led six straight touchdown drives in the second half to lead New England to a 52-28 rout of the Buffalo Bills (2-2) on Sunday. The Patriots (2-2) overcame a sloppy first half and a 21-7 third-quarter deficit to avoid their first three-game skid in 10 years.

"Down 21-7 and on the road, backs against the wall, and I thought we showed a lot of heart," Brady said. "That's what this team is made of. And we're going to battle until the end, I know that."

Brady finished 22 of 36 for 340 yards and three TDs, plus one rushing.

Cornerback Devin McCourty had two interceptions, keying a defence that forced six turnovers and had three sacks.

Wes Welker had nine catches for 129 yards, and Ron Gronkowski had five for 104 yards and a TD as both players bounced back from first-half fumbles. THE ASSOCIATED PRESS

Around the NFL

- **49ers 34, Jets 0.** Carlos Rogers returned a fumble 51 yards for a TD, and San Francisco ran for more than 200 yards in a blowout of the Jets.
- **Vikings 20, Lions 13.** Percy Harvin returned the opening kickoff for a TD and Marcus Sherels scored on a punt return early in the third as Minnesota improved to 3-1.

4 SPORTS

Mobile sports

Cricket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

Celebrate World Habitat Day With Us!

Habitat for Humanity Oxford, Middlesex, Elgin (H.O.M.E) invites London, St. Thomas and Woodstock communities to join in World Habitat Day festivities

In December 1985, the United Nations General Assembly declared the first Monday in October to be World Habitat Day. It has become a day for grassroots action throughout the world, and for us it starts here in our community. Habitat for Humanity - Oxford, Middlesex, Elgin will celebrate all week with several events and we would like to invite you to attend!

October 1st

London - 9:30 a.m.
23 REDAN ST. - Sod Turning
COFFEE AND DOUGHNUTS

Woodstock - 1:00 p.m.
CITY HALL - 500 Dundas St.
PROJECT ANNOUNCEMENT

St. Thomas - 4:00 p.m.
8 WESTLAKE - Sod Turning
BBQ TO FOLLOW

October 6th

BBQ and Open House
4-40 Pacific Court
11:00 a.m. - 3:00 p.m.

BBQ and Open House
317 Adelaide Street South
11:00 a.m. - 3:00 p.m.

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Habitat for Humanity London ReStore

For more infromation contact Kara Walls at 519 455-6623 ext 207 or kwalls@habitat4home.ca

Remember the ReStore funds all operations and administration for Habitat for Humanity. This means that every dollar you give goes directly to building homes in your community

Horoscopes

♈ Aries
March 21 - April 20
Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

♉ Taurus
April 21 - May 21
You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

♊ Gemini
May 22 - June 21
You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

♋ Cancer
June 22 - July 23
Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

♌ Leo
July 24 - Aug. 23
You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

♍ Virgo
Aug. 24 - Sept. 23
You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

♏ Scorpio
Oct. 24 - Nov. 22
Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

♐ Sagittarius
Nov. 23 - Dec. 21
You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

♑ Capricorn
Dec. 22 - Jan. 20
You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

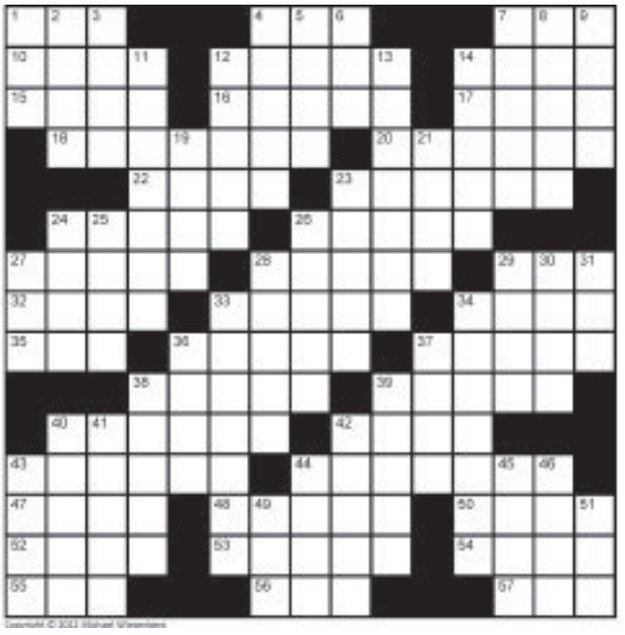
♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

♓ Pisces
Feb. 20 - March 20
When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

BY MICHAEL WIESENBERG



Across
1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' *A ___ of Two Cities*
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships
50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down
1. Island: Fr.
2. Waterproof canvas, for short
3. __-__: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. *Planet of the* ___
31. Married
33. Homo ___: modern humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef (2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7	3	1		5		
		5						3
8			2			6	7	
	3	4		9	6			
			4	7		1	9	
	7	2			8			5
9						4		
		1		6	2	3		

Friday's Sudoku

Today
19°/10°
Mainly sunny
Tuesday
19°/14°
Showers
40%
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